



1st Sep -7th Sep 2020

National Nutrition Week

- ❖ Title : National Nutrition Week Camp Inauguration.
- ❖ Organized by : NSS Cell of Yashwantrao Bhonsale College of Pharmacy
- ❖ Venue : Medicare Clinic , Nandnagari, Sawantwadi
- ❖ Date : 1st Sep -7th Sep 2020
- ❖ Time : 08:00 PM – 08:00 PM
- ❖ Physicians : Dr. Deepali Parab & Dr. Vikram Ajagekar
- ❖ Event Collaborator : Amita Pharmacy & Medicare Clinic
- ❖ NSS Program officer : Mrs. Ovi O. Paradkar
- ❖ Program advisor : Dr. Vijay A. Jagtap

FREE CAMP

YASHWANTRAO BHONSALE COLLEGE OF PHARMACY SAWANTWADI
Sindhurg, Maharashtra
In Association With
Medicare Clinic & Amita Pharmacy
Organized

'Nutrition and Health Education Camp'
On the Occasion of
'National Nutrition Week'
From 01st Sep 2020 to 7th Sep 2020 Time : 10.00 am to 8.00 pm
Book Your Appointment Now For Free Consultation

9156730754
7058040754
8408018365

When diet is wrong, medicine is of no use, when diet is correct, medicine is of no need.

Mumbai-Goa Highway
Railway Station
Amita Pharmacy
Medicare Clinic

Location & Address For Consultation : Nand Nagari Railway Station Road, Sawantwadi

YASHWANTRAO BHONSALE COLLEGE OF PHARMACY
Vazarwadi, Charathe, Tal. Sawantwadi, 416510, Dist. Sindhurg, Maharashtra, India
Phone: (02363) 272233/ 272299 Email: ybpharmacy@gmail.com

Free Registration and Consultation With Our Doctors

Dr. Deepali V. Parab
Reg. No. 62239
General Physician & Surgeon

Dr. Vikram Ajagekar
Reg. No. 63599
General Physician & Surgeon

Pharmacist's Team

Mr. Ganesh Gawande
NSS Student Coordinator
Yashwantrao Bhonsale College of Pharmacy

Ms. Amita Parab
NSS Student Coordinator
Yashwantrao Bhonsale College of Pharmacy

Mr. Surabh Sawant
NSS Student Representative
Yashwantrao Bhonsale College of Pharmacy

Free Consultation and Counseling on

1. Prescription Consultation
2. Nutrition Diet.
3. Woman's Hygiene
4. Pregnancy Counseling
5. Thyroid, BP, diabetes etc.
6. Children Health

For more details and queries write us on email ID : nssybc2020@gmail.com / Phone no : 7038105524

Dr. VIJAY. A. JAGTAP
Convener
Principal
Yashwantrao Bhonsale College of Pharmacy

Mrs. OVI O. PARADKAR
NSS-Program Officer,
Assistant Professor,
Yashwantrao Bhonsale college of Pharmacy

"Health Is Wealth"

Introduction –

National Nutrition Week 2020 is celebrated from 1 to 7 September and the purpose is to spread awareness about good nutrition, and health. Initiatives have been taken up by the government focusing on nutrition, good food, healthy body, mind, and lifestyle.

Prime Minister Narendra Modi in the latest address of Mann ki Baat noted that the month of September would be observed as Poshan Maah that is Nutrition month. He focussed that nation and nutrition are very closely interrelated. He recalled - "Yatha Annam Tatha Mannam." It means that mental and intellectual development is directly related to the quality of our food intake.

He also highlighted that nutrition and proper nourishment play a crucial role in helping children and students to attain their optimum potential. Therefore, it is necessary that children be well-nourished and the mother needs to receive proper nourishment. Further, he added that nutrition is not merely eating but getting essential nutrients like salts, vitamins, etc. Just like the Report Card, there should be a Nutrition Card that should also be introduced. Prime Minister also asked the listeners to eat nutritious food and stay healthy during the nutrition month.

Therefore, National Nutrition Week is observed every year from 1st September to 7th September to aware people of the importance of nutrition for the Human Body and well-being of health. People should include a healthy diet in their daily routine like whole grains, fruits, vegetables, fat-free milk, etc. full of nutrition which not only helps in growth but also make the immune system strong.

Nutrition is the science or practice of consuming and utilising foods. Food provides our body with energy, protein, essential fats, vitamins, and minerals to live, grow, and function properly. Therefore, a balanced diet is important for good health and wellbeing. It is said that an unhealthy diet increases the risk of many diet-related diseases.

Do you know that the human body requires seven major types of nutrients? All the nutrients don't provide energy but still are important like water and fiber. Even micronutrients are also important but are required in smaller amounts. The essential organic compounds are vitamins that the body cannot synthesise. In the year 1982 National Nutrition week celebration was started by the Central Government in India. The campaign was started to spread awareness and encourage people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle. We all know that malnutrition is one of the main hurdles in the overall development of the country which is necessary to overcome it and to curb it National Nutrition Week is celebrated.

Objectives:-

1. To make aware *Good Nutrition is necessary because* with a poor diet, well-being is reduced.
2. to manage a healthy weight of the people of the society
3. To help to Maintains the immune system & Provide energy.
4. To Delay the effect of Ageing.
5. To Reduces the risk of chronic diseases.
6. To make people eat healthy which affects your mood positively as healthy diet increases life span & increases focus

About the program:-

On 1st September 2020 The NSS unit of Yashwantrao Bhonsale College of Pharmacy organized the Nutrition Camp at Medicare Clinic in Nandnagari, Sawantwadi. A flyer was designed and the public were invited and called at the venue in small lot of 10-15 people by prior intimation and confirmation of appointment to maintain the social distancing in the lockdown period of COVID 19. The camp was continued for next 7 days till 7th September 2020. The theme for National Nutrition Week 2020 was '*Eat Right, Bite by Bite*'.

Camp was inaugurated by the principal of Yashwantrao Bhonsale College of Pharmacy Sawantwadi , Honourable Dr. Vijay A. Jagtap in the presence of the Physician Dr. Deepali Parab, Dr. Vikrant Ajegaokar, Director of Amita Pharmacy and Medicare clinic Private Limited and NSS Program Officer Mrs. Ovi Omkar Paradkar along with the NSS coordinators and NSS Volunteers.

This time theme focused on the main source of nutrition which should be chosen wisely and requires you to explore the nutritious food options which are provided by mother nature. Also, [nutrition](#) week propagates a holistic approach towards a healthier society by one theme at a time.

Physicians were consulting to the patients and were counselling freely on Nutrition diet , Woman's Hygiene, Thyroid , BP , Diabetes and Children Health also on old Prescriptions.

Physicians were conducting daily 2 sessions one in the morning and the other was in the evening. In each session patients were guided on different topics. Charts and handouts were circulated among the patients .

On the last day physicians were falcited by the College for their hard work and contribution as CORONA warriors.

Sr. no	Category	No. of participants benefitted
1	Physicians	2
2	Pharmacists	6
3	Students	10
4	Faculty	5
5	Patients	45

Mrs. Ovi O. Paradkar
NSS-Program Officer

Dr. Vijay A. Jagtap
NSS -Chairman & Principal

Glimpses of the Nutrition Camp

Healthy Counts

A health routine kids can count on.

<h2>8</h2>  <p>More than eight hours of sleep a night</p>	<h2>7</h2>  <p>Breakfasts a week</p>	<h2>6</h2>  <p>Home-cooked meals a week</p>
<h2>5</h2>  <p>Servings of fruits and vegetables a day</p>	<h2>4</h2>  <p>Positive self messages a day</p>	<h2>3</h2>  <p>Servings of low-fat dairy a day</p>
<h2>2</h2>  <p>Hours or less of screen time a day</p>	<h2>1</h2>  <p>Hour or more of physical activity a day</p>	<h2>0</h2>  <p>Sugary drinks a day</p>

Healthy Eating Chart

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
vegetables							
fruit							
dairy							
protein							
whole grains							
water							
physical activity							
screen time							
sugary drinks							

The Super Sandwich

1. Pick your bread. 2. Pick your favorite ingredients.

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
white bread	wheat bread	pita	sandwich roll
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
roast beef	tomato slices	pickle slices	mustard
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
salami	onion slices	cucumber slices	mayo
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
bologna	bacon	american cheese	ketchup
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
turkey	egg	provolone cheese	peanut butter
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
ham	lettuce	swiss cheese	jelly

Eat Colors for Your Health

<h3>WHITE</h3> <p>to strengthen the immune system</p>	<h3>GREEN</h3> <p>to purify with detoxification</p>
<h3>RED</h3> <p>to improve heart & blood health</p>	<h3>YELLOW</h3> <p>to fortify skin elasticity</p>
<h3>ORANGE</h3> <p>to prevent cancers</p>	<h3>Purple</h3> <p>to increase longevity</p>

Vegan Blogger.com